

## IN MAY NEWSLETTER

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## Club's Community Outreach in the [NEWS](#)

**April Field Trip:** A dozen members learnt about planting on a slope using reclaimed materials, plant size, placement, switch back designing, heirloom seeds. Learning about planning, purposeful planting, and vision implementation was interesting. Our hosts and landscape designer's warmth matched the sunny day. Shoutout to Yu Linda Song, Philippa Farrar, Shital Parikh, and Mary Balo for the scrumptious treats that fueled our green-thumb adventures. Huge thanks to Jennifer Schaffer and Patricia Tishler for keeping things tidy, from setup to clean up.



**May Library Flowers for a Smile:** Chris Ross made our hearts bloom with a unique bouquet of native flowers. Join us in spreading joy—[SIGN UP](#) to donate homemade flower arrangements to the library monthly. Let's embrace the beauty of locally grown blooms.



**SEED LIBRARY:** Seed library was donated to Carmel Valley Library at the May 1st meeting. The lending program kicks off in June. Join us in spreading green goodness by donating seeds and helping with envelope stuffing in mid-May. Reach out at [info@friendsdmm.org](mailto:info@friendsdmm.org) to donate and join the fun! .....



## May Monthly Meeting Update:

[May Business Mtg](#) brought together 16 members and three guests. Guest speaker Rossariean Beth Van Boxtel shared the most [valuable information on rose](#) maintenance.

**Irrigation Recommendation:** She mentioned Rachio wireless controllers that gauge rain and control irrigation from your phone. Fellow members Rashmi Urval & Renee Zau also recommend it. Available at Costco.

**Soil Recommendation:** She also recommended soil from San Pasqual Valley Soils

Club donated a Seed Library to Carmel Valley Library. Club will stock it with seeds. If you have extra seeds to share do, email [info@friendsdmm.org](mailto:info@friendsdmm.org).

Thanks to Philippa Ferrar for a delicious & gorgeous garnished [lemon posset](#). Lemon bites: Jennifer Schaffer, Yu Linda Song: Loquats etc, chris ross seedlings and much more.





## Perfect Gift For Garden Enthusiasts: Customized GIFT CARD

It's not just a present, it's a promise of delightful moments throughout the year for and with your loved ones. Membership has never been so thoughtful and convenient.

**Free Gift with Membership:** A gift choice of root veg grow bag and garden club tote. As long as supplies last. We have 48 members so far. [Membership \\$30/year](#)



## Club's Social Media

Invitation to join our club's member private [Facebook group](#). It is a great way to stay in touch with other members and share your garden successes and concerns. [Click here](#) to request membership. Post photos of summer adventures with nature on our Club's [Instagram](#) page. This private facebook group is open to invite your friends and family to learn more about gardening

## Photos from Belden Community Garden: 2nd table installed

Thanks to member Barbara Summer for assisting with the workshops. The residents love her interest in them and their activities. Her genuine respect for their gardening abilities helps empower the Belden garden club and its participants. We will be planting over 40 tomato seedlings on May 16. Email: [shital@1parikhs.com](mailto:shital@1parikhs.com) to participate. DMMGC started working with SD Housing Commission to provide gardening workshops during covid 2021.



## New Club Sign

The new club sign has a QR code which can take you to our website.



# PET MEMORIAL POLE

Location & info:



Pay tribute to your beloved pet by placing their ID tag on this pole. Let's honor the love and companionship brought into our lives by these furry friends!



FRIENDS  
of Del Mar Mesa

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Pet Memorial Post & Information on our website for Native Pollinator Plants of DMM

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## Club Food Blog

Olivia Hansen & Raquel Sutton

Learn to [clean and enjoy the unique Artichoke](#) this Summer.

### Stuffed Artichokes

The primary season for artichokes is spring. These stuffed artichokes are a luxurious treat. The recipe incorporates fresh artichokes, spring onion, green garlic, lemons, parsley, breadcrumbs, white wine, and parmesan reggiano. A special thank you to Shital Parikh for sharing the photo of her glorious artichokes.



Start by looking for tightly closed, green leaves and healthy stems. Purple streaks on the leaves are normal. To store, sprinkle artichokes with a few drops of water and store in a plastic bag in the refrigerator for up to 1 week.

When preparing artichokes, use stainless-steel knives and cookware to minimize discoloration. Cut off the stem so that the artichoke lays flat. Next, cut off  $\frac{3}{4}$  of the top of the artichoke. I recommend using a serrated knife because the fresh leaves are tough to cut. After scooping out the choke (that fuzzy part in the middle) with a spoon, cut off the pointy

tips of the remaining leaves. Place the prepared artichoke in a water bath with lemon juice. Artichokes are similar to apples in that they oxidize quickly. The lemon ice bath is designed to slow down the oxidation process.



Stuff the center of the artichoke with the breadcrumb mixture (recipe below) and place in a baking dish. Pour the wine and water around artichokes. Add sliced lemons to the liquid. Cover tightly with foil and bake until done. The artichokes will be very hot. Use tongs to remove the artichokes from the casserole dish. Plate with lemons from the baking dish.

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## Upcoming Monthly Meetings & Events, Save the date: (Yulinda Song & Phillipa Forrer)

**Wednesday June 5 2024, Talk on Seed collecting and Storage by Master Gardener Jodi Bay. [SIGN UP](#)** Collecting your garden seeds is a fun way to start your own seed bank and use them year after year. Introduction to Seed Saving

Man has saved seeds since before learning how to use tools. But what seeds can be successfully saved? How is it done? How are saved seeds stored? Answers to these questions and more will be shared in the presentation "Introduction to Seed Saving". Attendees will learn about seed basics; selection; saving techniques; and storage. A demonstration of saving seeds will also be shown.

Jodi Bay has been an UCCE Master Gardener of San Diego County since 2012. She is an instructor in the Beginning Vegetable Gardening workshops which helps gardeners learn the best methods for growing vegetables. Additionally, Jodi speaks on seed saving and garden hand tools plus writes articles on vegetable gardening (among other topics) for the UCCE Master Gardener Garden Mastery column in the Union-Tribune. Additionally, she is the past chair of the Tool Care Committee, and former Vice-President of Communications for UCCE Master Gardeners of San Diego County.

**Sunday, June 23, 2024: Summer Garden Tea Party** in the home of member, Christina Katz. Please [SIGN UP to RSVP](#) by June 14th.



## May Garden Tasks

May is here, and the summer heat is just around the corner. There is so much happening in our gardens this month. Here is a list of things to do in May.

1. Plant Vegetables: Plant warm-season vegetables and consider succession planting every two weeks for extended harvests. Start from seed or plant outside under tunnels. Tomatoes, beans, eggplant, cilantro, sunflowers, marigold, peppers, zucchini, summer squash, melons, cucumber. Carrots, beets, radish, lettuce, kale should grow year round. Succession plant and remember to rotate crops and companion plant.
2. Prevent Spider Mites: Take [preventative measures](#) such as adequate irrigation, daily misting of leaf undersides, reducing dustiness, and using horticultural oil sprays.
3. Fertilize Fruit Trees: Fruit trees are actively growing, so [fertilize](#) them accordingly, following directions and safety precautions provided with the fertilizer you choose.
4. Prune Roses: [Prune](#) spent blooms weekly down to the first five-part leaf or slightly further for shaping. Lightly feed and water afterward.
5. Prune Sub-Tropical and Deciduous Fruit Trees: May is ideal for pruning trees like ficus, coral tree, avocado, citrus, etc. Avoid pruning sub-tropical trees in winter.
6. Plant Perennials: May is a great time to plant perennials; keep them well-watered as summer approaches.
7. Fertilize Dahlias: Regularly fertilize dahlias with a low nitrogen, high phosphorus organic fertilizer like fish bone meal throughout their growing and blooming period.
8. Turn on Automatic Timers: Now that the rainy season is over ensure your automatic timers are turned back on for watering. Water deeply and less frequently rather than with light, daily sprinkles
9. Check Drip System: Regularly check [drip systems](#) for clogs, leaks, and broken parts to ensure efficient watering.
10. Monitor for Pests: Visually survey plants weekly for pests and take action early to prevent high populations that are difficult to control.
11. Refresh Mulch: Maintain soil moisture by refreshing [mulch around plants](#).
12. Weed Control: [Remove weeds](#) to reduce competition for water with your plants.
13. Harvest Potatoes, onions, garlic: Dead top green grown indicates potatoes ready. When onions bloom or droop from the neck, onions and garlic are ready for harvest



THE LONGEST DAY  
alzheimer's association

# HARVEST OF HOPE

## GARDEN MARKET

<https://act.alz.org/goto/PowayGardens2024>

FRESH VEGGIES, GARDEN ACTIVITIES, FOOD & MUSIC

SHINE A LIGHT ON ALZHEIMERS

### POWAY GARDENS

SENIOR LIVING  
10:00 am - 1:00 pm  
12695 MONTE VISTA RD  
POWAY, CA 92064  
LIC # 374604289

CELEBRATING NATIONAL GARDEN WEEK  
**JUNE 8, 2024**  
**SATURDAY**

Sherrylynn.Anding@sincerist.com  
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DEL MAR MESA GARDEN CLUB

Invitation to Attend by Farmer Roy Wilbur

